

# TOP 10 **SUCCESS SKILLS** TO TEACH YOUR CHILD



Success is a skill.

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Being a great student doesn't necessarily translate to being a successful adult. So, you're not off the hook just because your child is doing well in school.

**The most important things in life aren't taught in school.**

As a parent, you can make up for this oversight and still prepare your child for a successful and fulfilling life.

## Teach these skills to help your child to be successful in life... 1

### 1. SET GOALS.

Even a child can set goals. A child's goals might be to get an A on a test, earn a spot on the basketball team, or finish a long book. Learning to set an objective and develop a plan to achieve it are valuable skills for anyone of any age.

### 2. WORK DAILY TOWARD A PURPOSE.

Having a goal and a plan is the easy part. Executing that plan reliably is considerably more challenging. **Help your child to put in the time each day to achieve something worthwhile.** It might be studying for a big test, exercising each day, or learning how to draw animals.

### 3. FOCUS.

No one teaches us how to focus. In fact, most of us spend our lives distracting ourselves, which is the opposite of focus. Meditation is one tool for teaching focus, but there are many other options, such as:

- Set a timer and ask your child to focus on their homework for 10 minutes straight.

- Avoid allowing your child to read a book or play on their tablet while watching TV. Teach them to only engage in one activity at a time.

2

## 4. CARE LITTLE WHAT OTHERS THINK.

This is a tough one to master at any age, but it's especially challenging for children. It's hard to be successful if you're worried about the opinions of others. **Set a good example and show your child what it means to be brave.**

## 5. RISK FAILURE.

The willingness to fail is strongly correlated with success. Successful people fail much more frequently than the average person. The more often you're willing to fail, the more success you'll find. Teach this lesson to your children. Again, set a good example.

## 6. DEAL WITH FAILURE.

Once failure has occurred, it's important to make the most of it. Teach your child that failure is a learning opportunity that makes them stronger and more capable.

## 7. DEAL WITH UNCOMFORTABLE FEELINGS.

Fear is the greatest blocker to success. The inability to deal with negative feelings in general leads to bad habits, such as drinking, using drugs, overeating, and wasting time on stimulating activities with little value. Help your child to deal with uncomfortable feelings in a positive way.

- The ability to manage negative feelings effectively makes relationships more challenging, too.

## 8. INTERPERSONAL SKILLS.

It's not easy to be happy and successful on your own. Relationships are an important part of life. Many children struggle to make friends and fit in. This can lead to a lot of challenges in childhood and later in life.

## 9. TIME MANAGEMENT.

**Use your time wisely, and you can accomplish anything.** Teach your child how to plan part of his day and how to use that time wisely. Procrastination is a success killer.

4

## 10. SELF-CARE.

You can't be successful if you don't take care of yourself adequately. Your child needs to know that he has a right and a responsibility to make his own needs a priority if he's going to be successful.

- We're often taught to put everyone else before ourselves. However, if you look at successful people, most of them don't operate this way.

Your child shouldn't have to figure out everything on their own. They have you to teach them the ropes.

**Success is a skill that anyone can learn.**

Teach your child to be successful. You'll learn more about success in the process and enjoy a greater level of success yourself.

